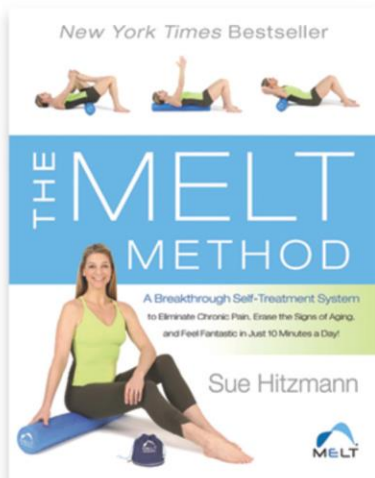


MELT by the Book

An Eight-Session Self-Care Series

In eight weeks, you'll learn all of the moves in the bestselling book *The MELT Method*. Discover simple self-treatments you can do at home to remain active, healthy, and pain-free for life.



Come experience lasting changes in how your body looks and feels. Experience all of the techniques in the *New York Times* bestselling book *The MELT Method* in an interactive and personalized environment.

Learn how to:

- identify where you have stuck stress in your body, a major cause of chronic aches and pains
- use the MELT Hand and Foot Treatment, a unique indirect treatment for your whole body
- improve your Body Sense and notice the changes as your body effortlessly finds greater alignment and balance
- activate your own core strength and stability
- use the MELT Soft Body Roller to rehydrate the tissues of your body for greater mobility and ease of motion
- safely and effectively decompress your own neck and low back
- relieve common issues like headaches, insomnia, bloating, weight gain, cellulite and more!

FREE CLASS ON TUESDAY, 2/6/18 AT 5:45PM

**SESSION RUNS FROM 2/13/18 TO 4/17/18
(NO CLASS ON 3/20/18)**

Time: TUESDAYS FROM 5:45PM TO 6:45PM

Location: DILLON GYM – Dance Studio

CONTACT & REGISTRATION/FEE INFO:

knitti@princeton.edu

